

What is Shigella?

Shigella is a bacteria that infects the intestines and causes symptoms such as diarrhea, vomiting, and cramps. It is spread by close contact, or consuming contaminated food or water.



A woman suffering from abdominal pain clutches stomach.

Why do I need to stay home?

- Shigella often spreads to others when people do not properly wash their hands after touching poop, or before making food.
- While most people feel better after 5–7 days, bacteria may be in your poop even after you don't feel sick anymore, which can make others sick.
- Illness spreads easily in some situations including food service, childcare, and healthcare.
- Shigella may cause very serious illness. We want to keep those we care for healthy!

If you work or attend a high-risk setting, extra exclusions may apply.



Food service: Utah Food Code requires the following before you return to work:

- **2** negative tests **24 hours** apart and **48 hours** after antibiotics are finished,
- or wait **7 days** after diarrhea and vomiting have stopped,
- or wait **7 days** after positive test if no symptoms are present.



Childcare:

- Stay home until diarrhea and vomiting have stopped. This includes **kids** who attend childcare facilities and **childcare workers**.
- If you give medication or have food handling duties, follow food service guidelines above.



Healthcare and long-term care facilities:

- Stay home from work until diarrhea and vomiting have stopped.
- If you give medication or have food handling duties, follow food service guidelines above.

These are general guidelines. Your local health department may have additional requirements for returning to work or childcare. <https://ualhd.org/>.